



who are swingers and why do they swing?

Presented by:

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Abstract

This study reviewed the current demographic characteristics of swingers, evaluated the attitudes of swingers towards their swinging experience, the reasons for their involvement in swinging, initiation into swinging, frequency of swinging behaviour, and the frequency of orgasm within the swing sexual context. The relationship between the responses of men and women swingers on several attitudinal measures was examined. 1,417 participants responded to an on-line survey posted on swinger's dating sites. The results indicated the current demographic trends in a swinging population. Regarding the swinging experience over 60% of the respondents reported having been swinging for over six years and holding strong positive attitudes towards their swinging experiences. Over 80% of men and women reported experiencing a high frequency of orgasm during their swinging sexual activities. Some of the reasons given for engaging in swinging include the opportunity for sexual variety and fulfilment of personal fantasies.

Introduction

- Swinging involves consensual sex with individuals other than the marital partner. It could generally be construed as extra-marital sex.
- Is swinging than just another form of cheating?
- Not according to swingers...
- *“I’m not cheating if my husband watches...”*

Introduction (cont)

- Swinging: consensual non-monogamous sex within the confines of an otherwise monogamous emotional relationship
- Swingers are open and honest about their sexual relationships (Bergstrand & Williams, 2000; Gould, 1999; Jenks, 1985, 1998).
- The behavior of both partners is consensual and reflects honesty in the relationship.
- Swinging may actually be a crucible that forces the partners to come to terms with their feelings, their sexual desires, and each other through a process of differentiation and compromise.

Introduction (cont)

- Swinging has experienced a steady rise in the popularity in the last two decades
- The bulk of the literature on swinging dates back to the 1960s, 1970s, and 1980s (Rubin, 2001)
- Last comprehensive research on swinging conducted By Bergstrand & Williams in 2000

- Most of the available data deals with demographic characteristics
- Past research has considered swingers only as a group
- No available data on the possible differences between male and female swingers regarding their swinging experience

Present Study

Present study is part of a larger study on the marital and sexual satisfaction of swingers

- The following are some of the questions addressed in this study:
 - What are the current demographics of swingers?
 - What are the attitudes of men and women swingers towards their swinging experience?
 - What is the rationale for swinging ?
 - What are sexual activities that are common in the swinging population?

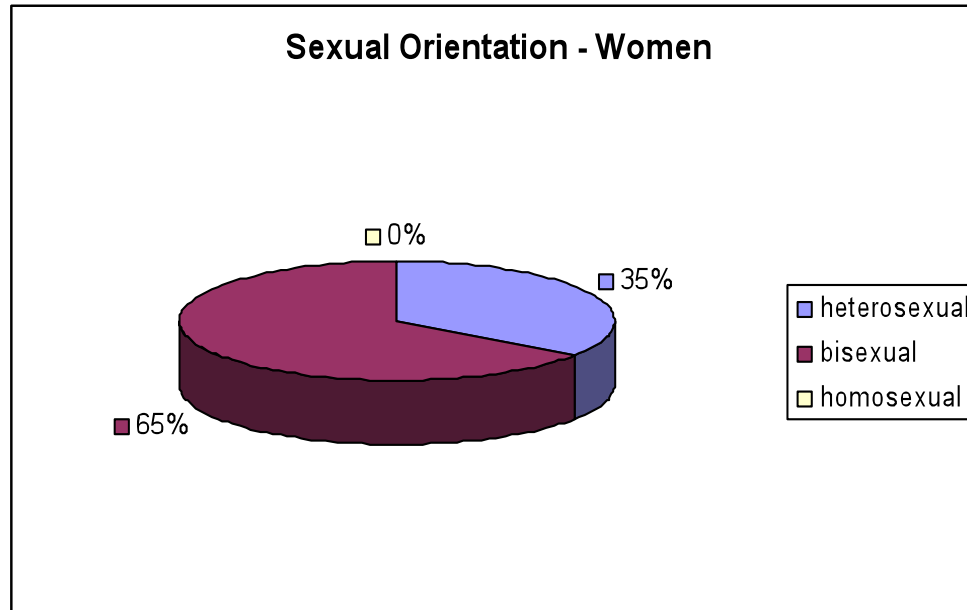
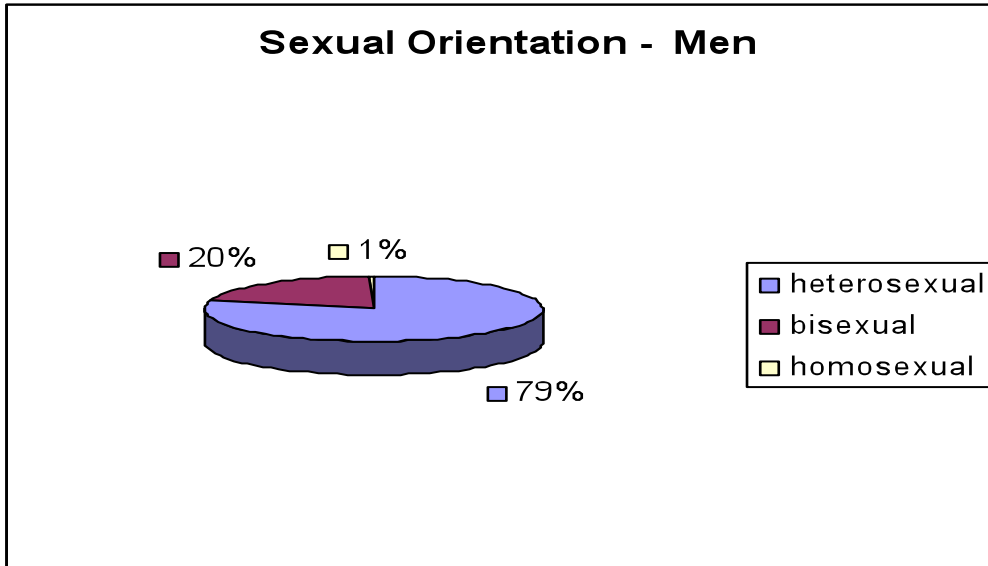
Method

- The data for this study was collected using a self-report survey instrument (*Demographic and Behavioral Inventory of Swingers*) designed by the researcher
- Participants for this study were a self-selected sample of convenience recruited through advertisements on swingers' dating websites. This was an international sample
- The unit of analysis for this sample population were individual male and female swingers.

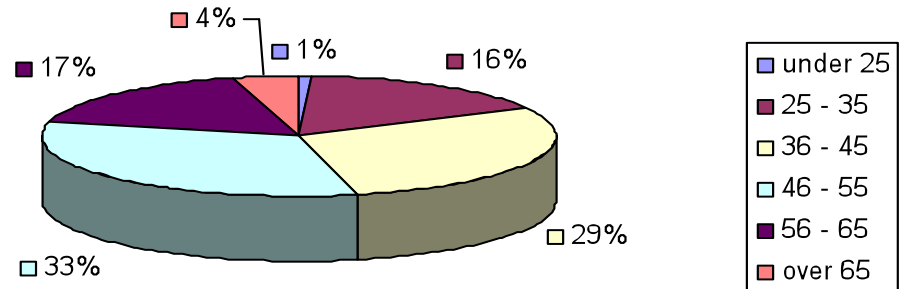
- Demographic questions in this survey included the following topics:
 - Age and sexual orientation, racial/ethnicity, marital status and marital longevity, education levels, occupation, household income, size and type of community of residence, geographical location, political views

- Swinging Experience questions included the following topics:
 - who first introduced the idea of swinging, length of time engaged in swinging, frequency of attendance at swingers' clubs, strategies used to find other swingers, main reason (rationale) for swinging, attitude towards swinging, frequency of orgasm during swinging sexual activities, sexual behaviors during swinging sexual activities, swinging frequency (how often).
- Results:
- Of the 1,376 respondents, 24% were women and 76% were men.

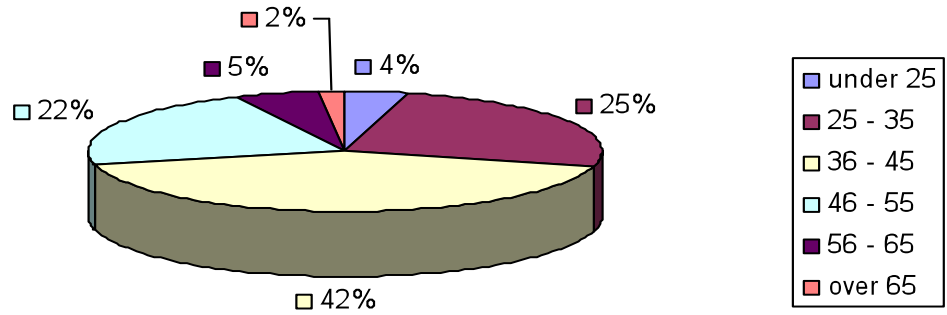
Results: Demographics

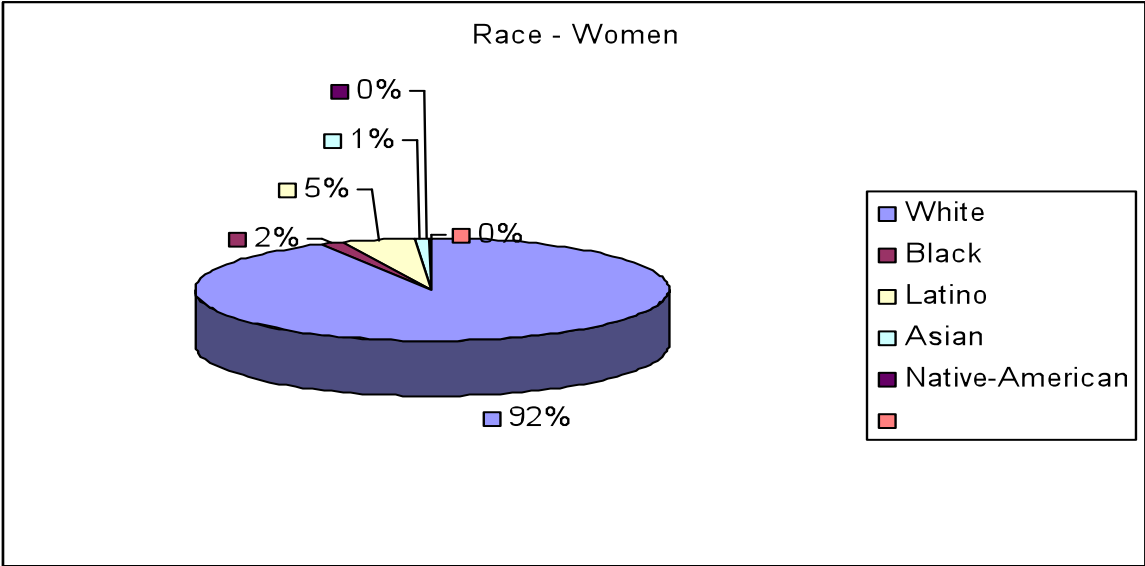
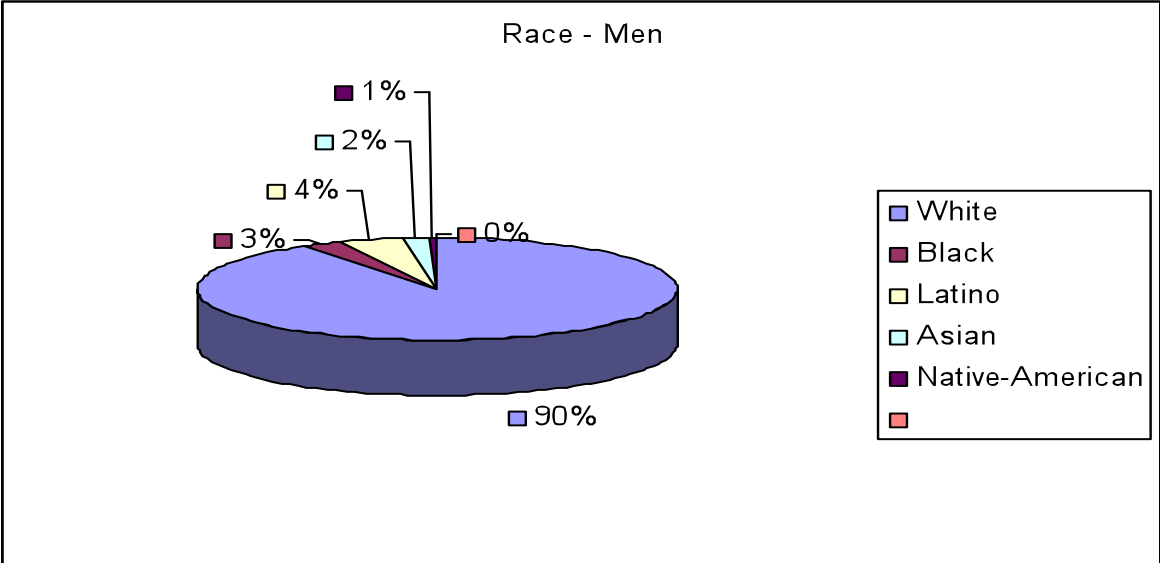


Age - Men

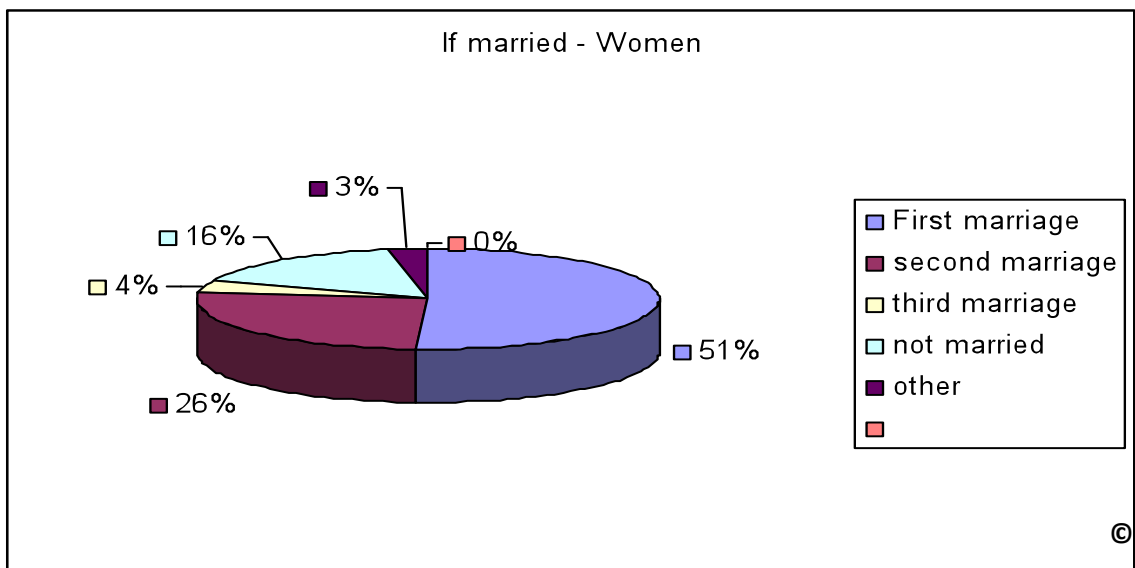
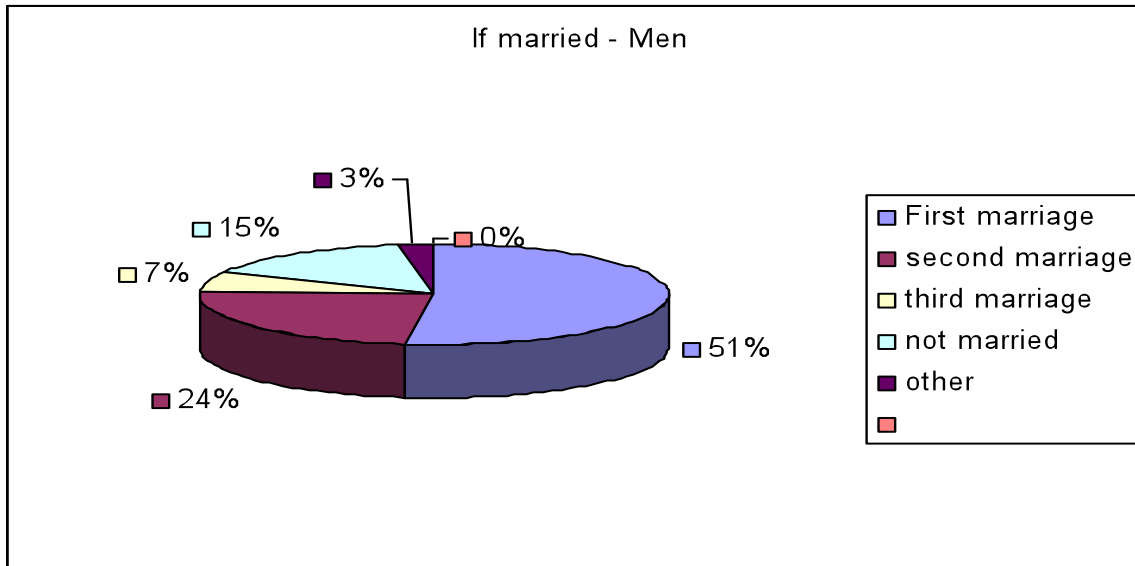


Age - Women





- About 90% of men and women reported being married or cohabiting.



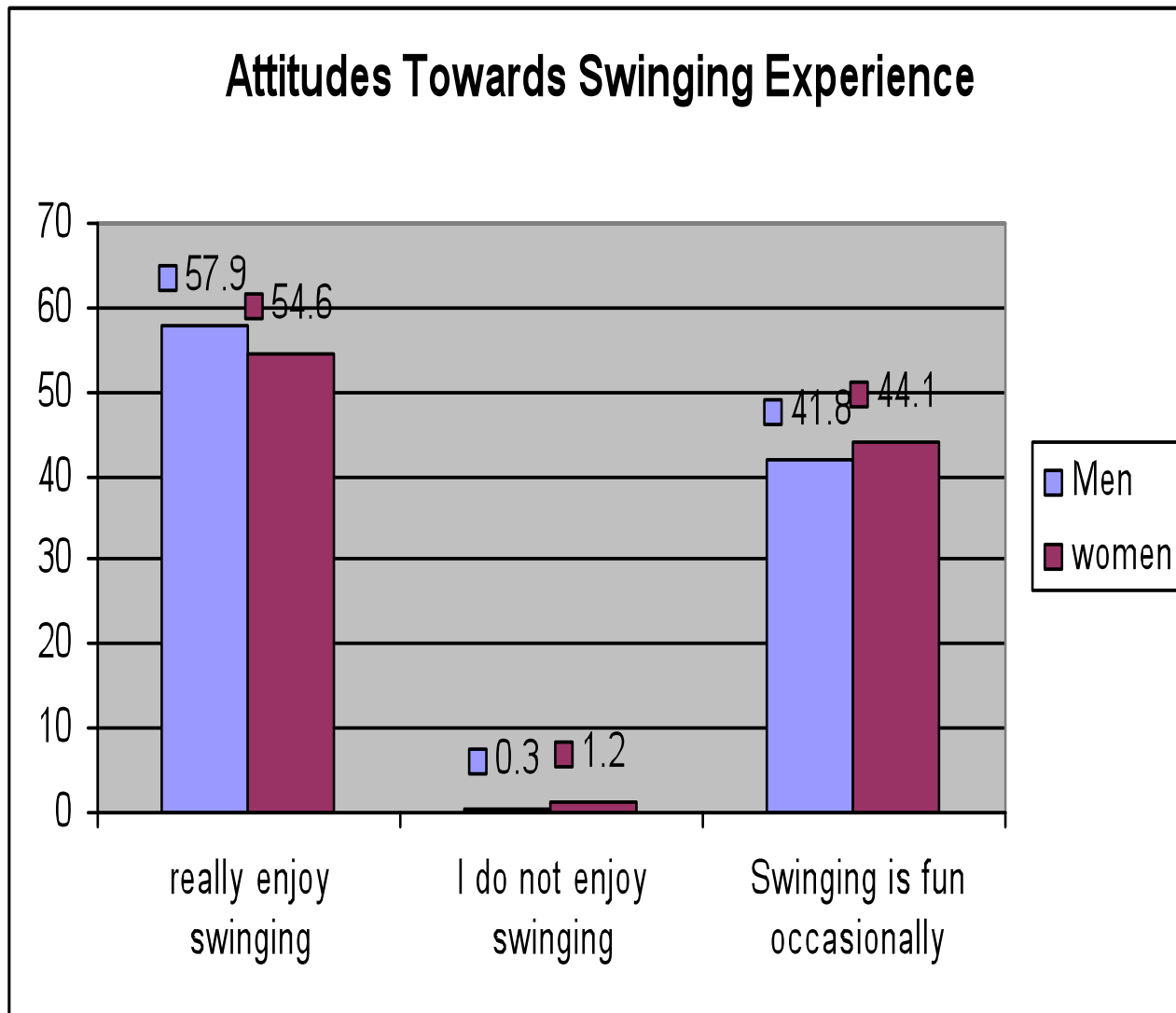
- One-third of the men and women had been in their present relationship between ten to twenty years; about 28% had been married between four and ten years. About 14% had been married one to three years and 5% were in their year of marriage

Results (cont)

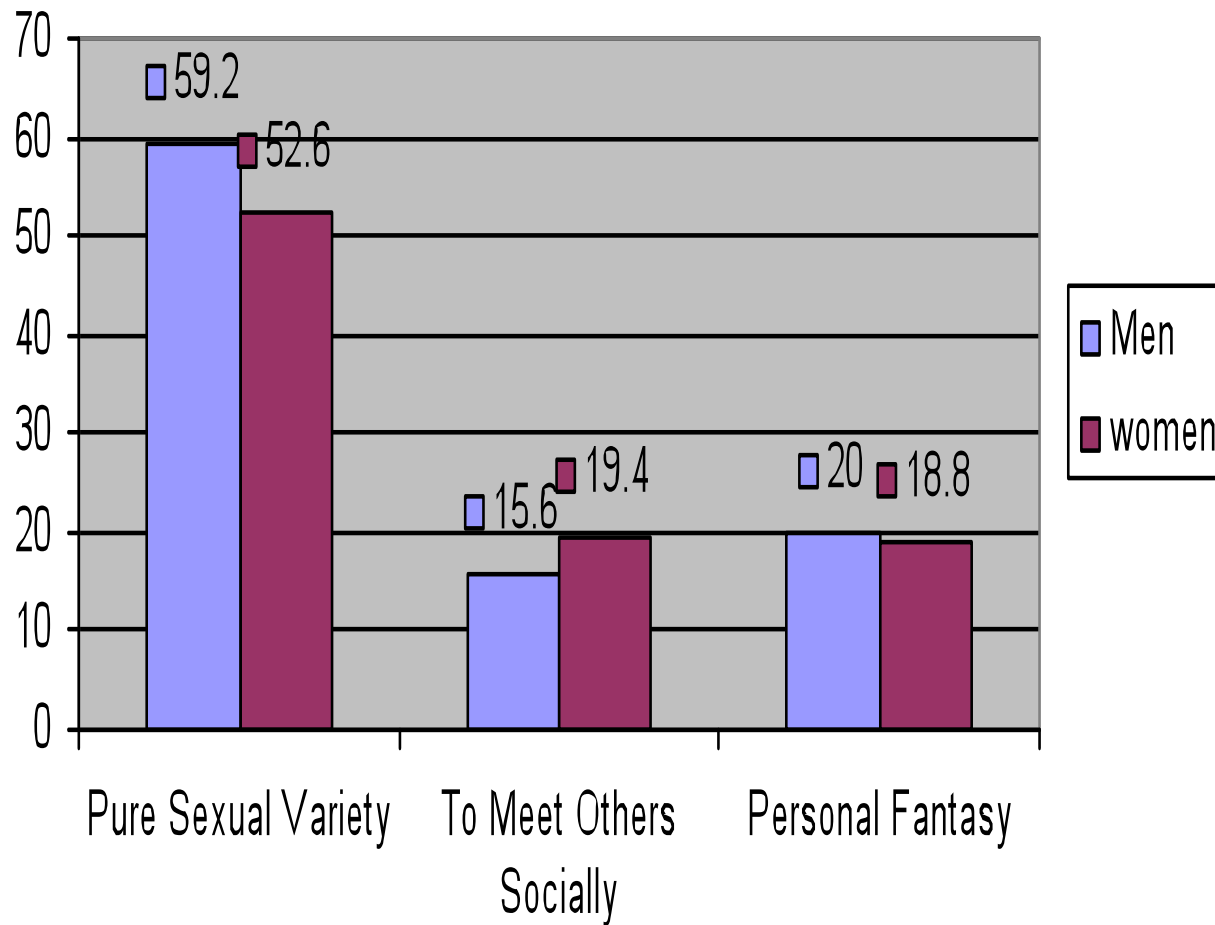
- Most of the respondents were college educated with a reported income between \$70,000 and \$200,000
- Two-thirds of the respondents reported living in either urban or suburban communities with a population density between 100,000 and 1 million people
- Most of the respondents resided in the United States: other countries/continents listed as place of residence included Canada, Mexico, Europe, The Caribbean, Asia, and Africa.

- Respondents espoused several different political views from Social Conservative to Social Liberal; 37 % were republican while 30% were democrat. About 31% reported not being interested in politics of any sort
- Most respondents reported being moderately religious: 5% considered themselves very religious while about 50% professed no religious interest.

Results: The Swinging Experience

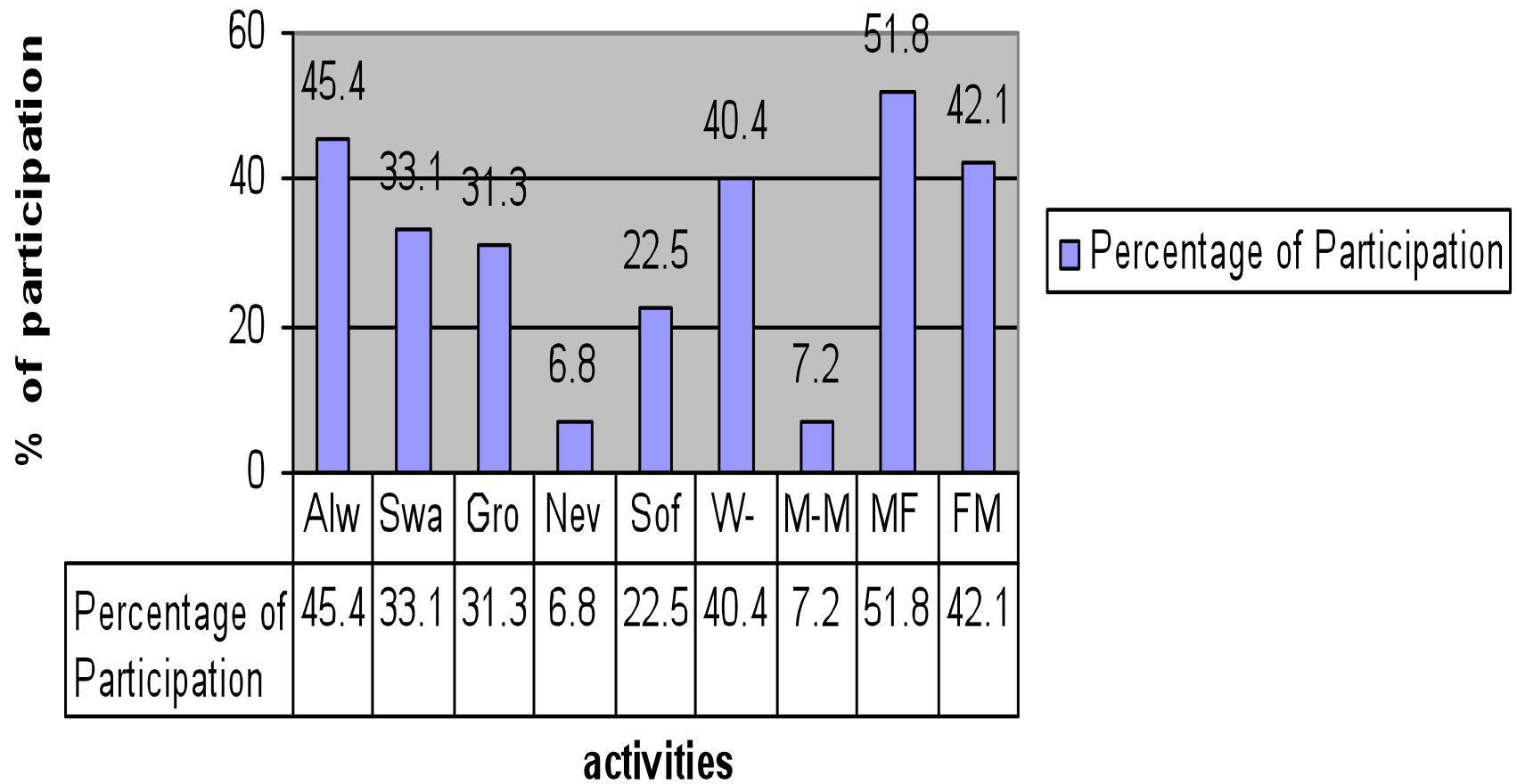


Rationale for Engaging In Swinging Activities



- For the most part MEN had introduced the idea of swinging to their partner.
- About 57% of men and women had engaged in swinging between three and seven years. Over 18% had been swinging for over twelve years. However, about 15% had only been swinging for a year or less.
- Most of the respondents reported engaging in swinging a few times a year, and the Internet and social clubs were the most cited means for finding other swingers

Swinging Sexual Behaviours



Results: The Swinging Experience

- Over two-thirds of both men and women reported reaching orgasm during swinging activities most of the time.
- Only less than one-tenth reported never reaching orgasm

Discussion

- About seven out of every ten respondents in this study were men - The reasons for the gender imbalance are difficult to determine but seems to mirror the findings of prior research
- The demographic results were in line with the findings in previous research

- The great majority of the women considered themselves *bisexual*. Some of the men also admitted to a bisexual orientation.
- For the most part, female bisexuality is well accepted within the swinging lifestyle; however, male bisexuality is discouraged and not welcomed (Gould, 1999; McGinley, 1995)

Discussion (cont)

- The results demonstrate that swingers are not an homogenous group.
- swingers are part of mainstream society and are indistinguishable from other individuals in the general population
- swinging allows couples to engage in consensual non-monogamous sex within the confines of an otherwise monogamous emotional relationship
- The respondents in this study cited pure sexual variety and personal fantasy as the main reason they engage in swinging
- Prior and current research suggests that swingers are happy with their marriages and sexually satisfied with their partners

- Prior and current research suggests that swingers are happy with their marriages and sexually satisfied with their partners
- swinging may provide the opportunity for both men and women to experience added sexual pleasure and stimulation in a context that is perceived as safe and secure (Bergstrand & Williams, 2000; Jenks, 1998)
- However, the results of this study refer to individual swingers. The results may not reflect the experience of the “couple”.

- Swinging may have far-reaching implications in its ability to add a new dimension to marital satisfaction
- Further research in swinging is needed to identify possible drawbacks, or benefits, dealing with the couple's relationship and the impact on the family unit

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